

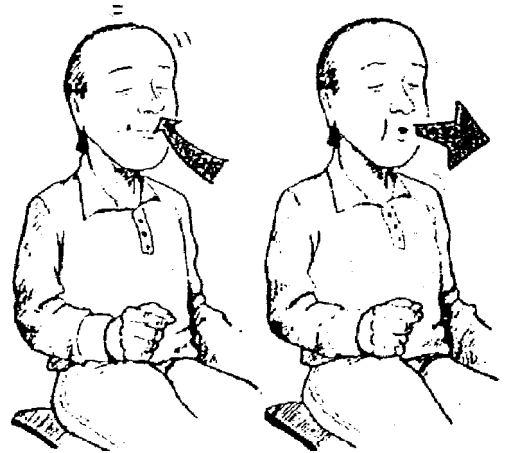
# ACHES AND FATIGUE

To combat aches and fatigue that will reduce your effectiveness and productivity, here are some mild exercises and stretches you can do right at your workstation.

## DEEP BREATHING

Deep breathing is the key to relaxation.

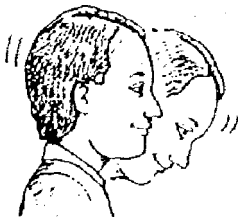
- Take a deep breath slowly through your nose.
- Hold the breath for a couple of seconds.
- Exhale smoothly through your mouth.
- Repeat twice.



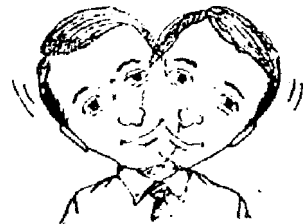
## HEAD ROTATION

These head rotations will help relieve head and neck strain. Be careful not to rotate your head backwards, as this may damage your neck.

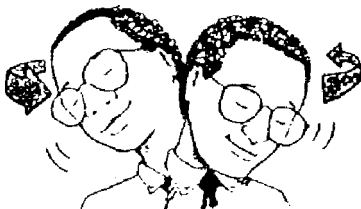
- Slowly drop your head forward, and then return it to an upright position. Repeat three times.
- Drop your head in a similar way to the right and then the left sides. Repeat three times.



- Drop your head forward and slowly rotate it in a circle to the left. Repeat three times



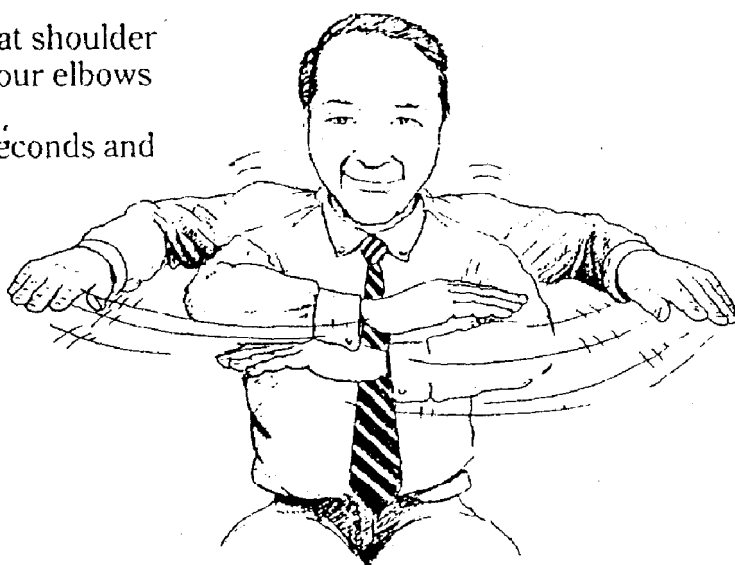
- Rotate your head in a circle to the right. Repeat three times.



## ELBOW PRESS

Elbow presses will help relieve upper back tension.

- Fold your arms at shoulder height and push your elbows back.
- Hold for a few seconds and repeat.



## SHOULDER ROLL

Shoulder rolls will help release the tightness in shoulders and upper arms.

- Roll your shoulders in a wide circular motion to the front. Repeat several times.
- Roll them in a circle to the back and repeat.



# STRETCHING

## HAND STRETCH

These hand stretches will work out tension in forearms, wrists, hands and fingers.

- Hold your arms out straight in front of you.
- Slowly move your hands up and down at the wrists.
- Return your hands to a neutral position.



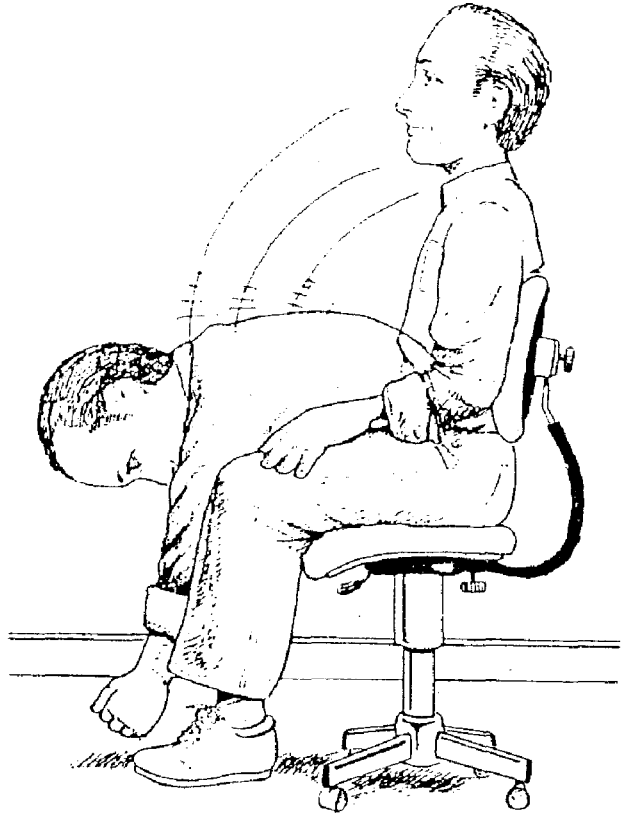
- Make tight fists with both hands and hold for a couple seconds.
- Spread your fingers as far apart as you can and hold for a few seconds.



## BODY BEND

A body bend is like doing toe touches in your chair.

- From a sitting position slowly bend your upper body down toward your knees.
- Hold this position for a few seconds.
- Sit up, relax and repeat.



## LEG PULLS

Leg pulls will help stretch out your lower back and upper leg muscles.

- From a sitting position, grasp the shin of one leg and slowly pull it toward your chest.
- Hold for a couple of seconds.
- Do the same on the other leg.
- Repeat.

